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Navy Medical News Service
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HEADLINE: Barbers Point Volunteers Care for Kids

NMC Pearl Harbor (NSMN)--The children of patients at the Branch Medical Clinic at Barbers Point, HI get care, too, thanks to a group of volunteers.

The Children's Waiting Room, which opened just six months ago at the Clinic, offers the children of parents receiving health care a place to watch videos, play with toys, or work on a crafts project under the watchful eye of volunteers.

Since it opened, the volunteers have provided nearly 600 hours of service. The waiting room is a joint project sponsored by the Armed Services YMCA, Barbers Point Branch Medical Clinic, and Naval Air Station Barbers Point Morale, Welfare and Recreation Department.

All volunteers receive orientation and training before they participate in the program.

"One of the most rewarding aspects of working with this program is hearing parents say how grateful they are that we are here," said Diana Hughes, coordinator for the Children's Waiting room.

By LTJG Ron Boling, Naval Medical Clinic Pearl Harbor, HI.

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HEADLINE: One Day Physicals Now Standard at Norfolk Branch Clinic
Naval Station Norfolk--Start in the morning, and be finished by the end of the day --that's the standard now at Naval Station Norfolk's Branch Clinic if you're having a routine or flight physical.

The process begins with a call to the customer service representative at the TRICARE Service Center, who offers either a 0630 or 0730 appointment time, Monday through Friday. Once the first part of the physical is completed, the second part of the physical is scheduled, with appointments beginning at 0920.

If there are no glitches, "it's very possible for some Sailors to have their physicals completed by noon," said HMCS Duayne A. Hoolapa, Medical Liaison Officer for the Branch Clinic.

The clinic does more than 200 physicals a week.
From Naval Station Norfolk Branch Clinic Public Affairs

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HEADLINE: Dentist Teaches With Miniature Camera

NDC Great Lakes IL (NSMN)--The Cheshire cat, with its toothy grin, has nothing on this Navy dentist.

LCDR Kevin J. Mears, DC, USN, assistant director at the branch dental clinic at Great Lakes, creates toothy grins on computer monitors often in the interest of teaching other Navy dentists about standardized dental diagnostics.

LCDR Mears uses a intra-oral videocamera to photograph the inside and outside of a 'good recruit's' mouth and then uses the resulting pictures to train other dentists. 'Good recruit,' in this case, means a recruit whose teeth need some dental work. The photographs can be brought up on a monitor or printed "hard copy" to allow other dentists to get a close up view of the recruit's mouth. The dentists then discuss the case.

While the thought of using a videocamera to take pictures of an individual's mouth may conjure up all sorts of images, LCDR Mears said the camera itself is only about as big around as a thumb and only a little longer than a pen. It has a disposable transparent cover to protect against transmitting diseases from one Sailor or Marine to the next. The camera is connected to an off-the-shelf Pentium computer, but it's the software and attached special hardware that makes it unique.

LCDR Mears said that this videotaping provides better training than even a "live" mouth would since the computer allows him to manipulate images. He can zooming in for a close shot, show multiple images side-by-side, and make annotations next to the teeth that are being examined. He has also used photographs taken by the videocamera to develop a training manual for Navy dentists to illustrate some of the dental problems they may come across when working with recruits.

By Jan Davis, BUMED Public Affairs

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HEADLINE: Great Lakes Keeps Civilians Healthy

Great Lakes, IL--It's not just Sailors the Navy wants to keep healthy--it wants to keep its civilians healthy, too!

To prove it, Naval Hospital Great Lakes hosted its first annual National Employee Health and Fitness Day on the front lawn of its hospital. The purpose of the event was to encourage employees, whether they're Sailors, Marines or civilians, to lead positive, healthy lifestyles.

More than 120 people participated in a mass aerobic warm-up

preceding a two-mile fitness run/one-mile walk. Workshops and lectures were provided by Naval Hospital staff on such topics as "Eating Smart at Work and While TAD," "Healthy Backs at Work," and "Juggling To Relieve Stress." By Ms. Florence Cook, Health Promotions Coordinator, Naval Hospital Great Lakes.

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HEADLINE: Nurse Takes Care Into the Community

Guantanamo Bay, Cuba (NSMN)--Joan S. Marsh goes out on the town almost every day.

Marsh is Naval Base Guantanamo Bay's first community health nurse, a job that takes her out into the community to visit military families as well as the Cuban exile community. She believes her job is unique in the Navy. Other communities have resources available to families, but because of Guantanamo Bay's isolation, they have to "do it all."

Marsh has been on the job for just over three months. Since then, she estimates she's saved her clients dozens of trips to the hospital for check ups, but more importantly, she's been able to monitor the health of individuals who might otherwise have more severe health problems without diligent home care.

Some of Marsh's responsibilities include assisting new parents with their newborns, monitoring the blood pressure of hypertensive patients, and assisting new diabetics adjust to their new lifestyle.

By LCDR E. C. Savage, Naval Hospital Guantanamo Bay, Cuba.

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HEADLINE: Parris Island Dental Clinic Awarded MUC

NDC Parris Island, SC (NSMN)--Naval Dental Center Parris Island, SC was awarded the Meritorious Unit Commendation last week in recognition of its unparalleled level of operational dental readiness.

From 1 February 1994 to 8 December 1995, the Center achieved a readiness level of almost 93 percent for graduating recruits and 96 percent for permanently assigned Marines and Sailors at the Marine Corps Recruit Depot Parris Island and Marine Corps Air Station Beaufort, SC. According to Navy regulations, a satisfactory level is 80 percent.

These levels of readiness were achieved while the dental center was undergoing a complete renovation. Despite the chaos, the Center didn't have to cancel a single appointment.

The command was also acknowledged for its outstanding performance during their triennial primary and technical inspection.

In presenting the award, BGen Jerry D. Humble, USMC, the Commanding General of Marine Corps Recruit Depot/Eastern Recruiting Region, praised the staff for their tremendous level of teamwork and the command's superb leadership.

By LCDR Leesa J. Barnard, MSC, USN, Naval Dental Center, Parris Island, SC.

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HEADLINE: Okinawa Doctor is a Sight Saver

USNH Okinawa (NMSN)--What started out as a routine day for USNH Okinawa Staff Ophthalmologist LCDR Elizabeth Tonon, MC, USNR, ended up with her struggling to save the sight of a young Marine.

LCDR Tonon's day changed dramatically when a call came in from the emergency room that she was needed immediately. A 26-year-old Marine had been calibrating glass gauges on pressurized tanks when one of the meters blew up in his face. Unfortunately, he had failed to use eye protection.

Both the Marine's eyes were injured, with his right eye sustaining a central corneal laceration.

But of even greater concern was the Marine's injury to his left eye, which was nearly cut in half. LCDR Tonon determined immediate surgery was necessary if his sight was to be saved.

"This was the most serious eye trauma I've seen in my career," said the nine year Navy veteran. "The laceration went so far back that it couldn't be completely sutured, as attempting this would put too much pressure on the eye. I was able to save the left eye and (he is) expected to have about 20 to 30 percent eyesight return."

The patient was stable the next day and transferred to Naval Medical Command, San Diego. LCDR Tonon spoke to the Marine's father three days later, who reported that his son was watching TV and able to read newspaper headlines.

LCDR Tonon provided some words of caution about this preventable accident.

"Human eyes do not have regenerative capability, like your skin," she said.

"Keep in mind it only takes a second to put on protective eyewear."

A native of Brunswick, ME, LCDR Tonon is in her first year of post-residency.

By HMCM(SW) M.C. Carr, USN, Naval Hospital Okinawa.

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HEADLINE: Barracks Named for Medal of Honor Recipient

NMC Portsmouth, VA (NMSN)--Naval Medical Center Portsmouth dedicated its newest barracks last week to honor a corpsman whose heroic actions earned him the Medal of Honor.

Shacklette Hall is named after William Sidney Shacklette, who as a hospital steward (the precursor to day's hospital corpsman) risked his life repeatedly while treating shipmates injured in a boiler explosion onboard his ship, USS BENNINGTON, in 1905. Shacklette incurred third degree burns over a large part of his body, and was discharged from the Navy as a result of his injuries. Subsequently, Shacklette completed seminary studies and returned to active duty as an Army chaplain, serving during World War I. Shacklette left the Army after the war and continued his ministry, which culminated in his nomination as Chaplain of the U.S. Senate.

By LT Merritt Allen, Naval Medical Center Portsmouth, VA.

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HEADLINE: HMCM Sayers Named Advisor to DOD Health Affairs

BUMED (NSMN)--HMCM Karen L. M. Sayers will be exchanging her navy blues for purple next month when she becomes the Department of Defense Health Affairs' [DOD(HA)] new senior enlisted advisor.

HMCM Sayers, a 21-year Navy veteran, was selected over nominees from the other services for this new position. She believes one of the reasons she was selected for this job is because she has a variety of experiences. She was stationed at naval hospitals and clinics in Portsmouth, VA; Guam; Camp Lejeune, NC; and Charleston, SC. She also served aboard USS HUNLEY (AS 31) and at the Bureau of Naval Personnel in Washington, DC.

HMCM Sayers left active duty in 1989, and served as a Naval Reservist for four years while she went to school at the University of North Carolina. She returned to active duty for one of those years when she was recalled for Desert Shield and Desert Storm.

As a civilian, she was a Health Benefits Advisor for Naval Medical Center Portsmouth, VA.

She returned to active duty in 1993.

As the senior enlisted advisor for DOD(HA), HMCM Sayers will advise Dr. Stephen Joseph, Assistant Secretary of Defense for Health Affairs, on enlisted health matters, including educating enlisted members and their families about TRICARE.

"We're incredibly fortunate to have her there (at health affairs)," said Navy Medical Department Force Master Chief Michael Stewart, USN.

Sayers is a native of Black Mountain, NC.

By Jan Davis, BUMED Public Affairs

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HEADLINE: Electronic Gear Restricted on Military Aircraft

Alexandria, VA (NWSA)--DOD imposed new constraints on use of personal electronics aboard DOD transport aircraft. Cellular phones, laptop computers, portable compact disc players and other personal electronic devices could interfere with aircraft navigational systems, according to DOD officials.

Cited was a recent example where a civilian aircraft was reported seven miles off course by ground-based approach radar. A flight crew member checked the cabin and discovered two passengers using portable tape players. After they turned off the players, the plane's on-board range indicators changed eight degrees.

Passengers can use non-transmitting devices, such as audio and video recorders and playback systems, computers, electronic games and radios, aboard military transport aircraft, but only above 10,000 feet and with the aircraft commander's approval.

Air crews and passengers must be aware of potentially dangerous interference electronic devices can impose on aircraft navigation and communications, officials said. They directed pre-boarding passenger briefings and ordered revised crew checklists and passenger brochures.

By Douglas J. Gillert, American Forces Press Service

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HEADLINE: HEALTHWATCH: Iguana Owners, Beware: Your Pet Could

Make You Sick

NSMN--If you're one of the millions of people whose pet is an iguana, beware: your pet could make you sick.

The movie Jurassic Park launched a new wave of iguana owners, making it the most popular reptile pet in the United States. And with the popularity of this new pet has come an increased risk for infection with exotic forms of the Salmonella organism.

Adults with fully functioning immune systems who contract Salmonella infections usually suffer little more than an upset stomach. However, for those people who take antibiotics, are pregnant, are very old or very young, or who have compromised immune systems, the infection can lead to more serious complications, including meningitis or spontaneous abortion.

The influx of iguana-related infections has prompted researchers at Cornell (NY) University's College of Veterinary Medicine to issue a simple warning: wash your hands after handling your iguana! It's the salmonellae bacteria in their intestinal tract that is periodically shed in their feces that causes the illness. From the Center for Disease Control and Cornell University

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HEADLINE: TRICARE Questions and Answers

BUMED (NMSN)--TRICARE, the Department of Defense's military health program, is on line in many parts of the country, and is expected to be available throughout the U.S. by the end of 1997. Each week, the Naval Service Medical News provides TRICARE questions and answers to provide basic information.

Q: I'm enrolled in TRICARE Prime and have been told I'm going to be assigned Primary Care Manager. Who or what is that?

A: A Primary Care Manager (PCM) is a health care provider or a group of providers in a military hospital, military clinic or within the civilian network who is primarily responsible for providing, arranging for, and coordinating your total health care. A PCM might practice Internal Medicine, Pediatrics, or Family Medicine. Nurse Practitioners, Physician's Assistants and Independent Duty Corpsmen can also be PCMs.

Q: What if I don't like my PCM. Can I get a different one?

A: Depending upon the availability of health care providers in your area, you can change your PCM by completing a Change Request Form, which is available at your local TRICARE Service Center.

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Help us make NSMN better! Your feedback on this message, inputs for the next issue, questions about the distribution and suggestions for improving NSMN are invited. Contact is Jan Davis, BUMED public affairs office.

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